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Human Nutrition Research Branch
Agricultural Research Service
U. S. Department of Agriculture
Washington 25, D. C.

Uncooked Fruit Jam

Jam can be made without boiling from fully ripe fresh blackberries, blueberries, raspberries, strawberries or peaches with added fruit pectin.

These simple-to-make products can be held for a few months in the refrigerator or for up to a year in a freezer but will mold or ferment in a short time if kept at room temperature. Once the container is opened, use the jam promptly.

If these jams are too firm when opened for serving, stirring will soften them. If they tend to separate, stirring will blend them again.

The following recipe makes about 9 six-ounce glasses of jam:

- 3 cups crushed fruit (takes about 1 quart
blueberries, 1-1/2 to 2 quarts other
berries or 2-1/2 pounds peaches)
- 5 cups sugar
- 1 package powdered pectin
- 1 cup water

To prepare fruit: Sort and wash the fruit. Remove caps and stems from berries, and pits and peels from peaches. Grind blueberries; crush other berries or peaches. Measure into a large mixing bowl the 3 cups crushed fruit.

To make jam: Add sugar to the crushed fruit, mix well, and allow to stand for 20 minutes with occasional stirring. Dissolve the powdered pectin in the water, bring to a boil and boil 1 minute. Add the pectin solution to the fruit and sugar mixture and stir for 2 minutes. Ladle the jam into jelly glasses or suitable freezer containers leaving headspace required for freezing, cover and let stand 24 to 48 hours, or until gelled. Cover with 1/8 inch layer of hot paraffin and store in refrigerator or freezer.

June 1956



